



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108 -4619

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Autumn Regional *Keep Moving* Walks

August 13, 2008

Dear Walking Club Leader:

The ***Keep Moving* Program** invites you and your walking club to participate in upcoming Autumn Regional *Keep Moving* walks to celebrate senior fitness and to meet other walkers from around the state.

The walks will take place on the dates and times noted on the enclosed registration form **RAIN OR SHINE. Dress for the weather! Registration and warm up starts at 10:30 a.m. Walks start at 11:00 a.m. and conclude at 1 p.m.** For inclement weather cancellation notices, please check the message at 617-624-5972 on the day of the walk.

There will be one-mile and three-mile walking routes. Plan to bring a picnic lunch to enjoy following the walk! Picnic tables are available at the walk site s.

Enclosed are the walk locations and directions to the site s. All walkers will receive a complimentary gift. Please complete the enclosed registration form and return it by **September 26, 2008.**

Keep Moving clubs are encouraged to explore transportation options with *Keep Moving* clubs in surrounding communities. There is limited transportation assistance available to *Keep Moving* clubs. Please contact Ed Pomfred at **(617) 624-5972 or edward.pomfred@state.ma.us** to discuss transportation assistance. Make your travel arrangements early.

Sincerely,

Ed Pomfred, Director
Keep Moving Program

Keep Moving is supported by Massachusetts Department of Public Health, Massachusetts Executive Office of Elder Affairs, Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts.

Directions to ***KEEP MOVING*** Regional Autumn Walks

HALIBUT POINT STATE PARK

Gott Avenue
Rockport, MA
Friday, October 3, 2008
Meet at 10:30 a.m. at Visitor's Center

<http://www.mass.gov/dcr/parks/northeast/halb.htm>

Halibut Point State Park is located in Cape Ann in north eastern Massachusetts. From the south and west: Take Rte. I-95/128 north to Rte. 128 north toward Gloucester and Rockport. After crossing the Annisquam River bridge, go three-quarters around the first rotary, following signs for Rte. 127 north, Annisquam and Pigeon Cove. After approximately 6 miles, turn left at the park sign and the Old Farm Inn onto Gott Ave.

From downtown Rockport: Drive north on Rte. 127 approximately 3 miles, turning right onto Gott Ave.

Meet at the Visitor's Center at 10:30 a.m.

WOMPATUCK STATE PARK

Union Street
Hingham, MA
Monday, October 6, 2008
Meet at Visitor's Center at 10:30 a.m.

<http://www.mass.gov/dcr/parks/southeast/womp.htm>

Wompatuck State Park is located near Hingham on Boston's South Shore.

From the south and Cape Cod: Rte. 3 north to Exit 14 and the intersection with Rte. 228. Follow Rte. 228 north approximately 5 miles to Free Street on the right. Turn right onto Free Street, proceed one mile to the park entrance on the right. The camping area is 1.5 miles into the park on the right.

From the north: Follow Rte. 3 south to exit 14 and the intersection with Rte. 228. Follow Rte. 228 north approximately 5 miles to the intersection with Free Street on the right. Turn right onto Free St. and follow it one mile to the Park entrance on the right .

Meet at 10:30 a.m. at Visitor's Center

MOORE STATE PARK

Sawmill Road

Paxton, MA

Tuesday, October 21, 2008

Meet at park entrance at 10:30 a.m.

<http://www.mass.gov/dcr/parks/central/more.htm>

From the northeast: Take Rte. 2 west. Take Rte 2 to Rte. 190 toward Worcester
Take exit 5, Rte. 140.

Take Rte. 140 north to traffic light. Turn left.

Follow to the end; turn right toward Holden.

Follow to the end; turn left. This is Rte. 31.

Follow Rte. 31 south through Holden center, crossing Rte. 122A, through Paxton center,
Intersection of Rtes. 31, 122, and 56.

Follow Rte. 31 south 1 ¼ mile to the Moore State Park entrance on the right.

From the south: Take Rte. 495 south to Rte 290 west.

Take Exit 18; turn right.

At 2nd set of lights turn right; go up the hill between the old Courthouse and the
Auditorium.

Go straight through every intersection, following the Worcester Airport signs, which will
take you onto Rte. 122 north at Tatnuck Square.

Go past the Airport entrance; continue on Rte. 122 to Paxton Center, just a few miles.

At the center turn left onto Rte. 31 south, intersections of Rtes. 122, 31 and 56.

Moore State Park entrance is 1 ¼ miles on the right.

From the northwest: Take Rte. 2 east to Rte. 32 south to Rte. 122 south to Paxton
Center Intersections of Rtes. 122, 31, & 56.

Turn right on Rte. 31 south; Moore State Park entrance is 1 ¼ miles on the right.

From the southwest: Take the Mass Pike east to the Sturbridge exit.

Take Rte. 20 east to Rte. 49 north.

Follow Rte. 49 to Rte. 9 in Spencer.

Follow through to Spencer center; turn left onto Rte. 31 north.

Follow Rte. 31 north into Paxton; Moore State Park entrance is on the left.

From the Pike: Take Auburn exit; get on Rte. 20 west.

Take Rte. 20 west to Rte. 56 north.

Turn right onto Rte. 56 north through Leicester center. You'll cross Rte. 9; continue on
Rte. 56 north.

Rte. 56 will come to a T at Rte. 122 in Paxton.

Turn left on Rte. 122/56; continue 1 mile to Paxton center.

Center is intersections of Rte. 122, Rte. 31 and Rte. 56.

Turn left onto Rte. 31 south.

Moore State Park entrance is 1 ¼ miles south on Rte. 31.

Meet at the State Park entrance at 10:30 a.m.

YARMOUTH RECREATIONAL CENTER / YARMOUTH COAST AREA

Yarmouth, MA

Wednesday, October 7, 2008

Meet at the Skipper Restaurant parking lot at 10:30 a.m.

152 South Shore Drive

South Yarmouth, MA

From the north and northwest: Take Rte. 3 south, cross over Sagamore bridge to Rte . 6 east. See below from Rte . 6 east.

From Rte. 495 south to Rte. 25 east, cross over Bourne bridge to Rte . 6 east. See below from Rte. 6 east.

From Rte. 6 east, take exit 6 to Rte. 132 south towards Hyannis. Merge onto Iyannough Road/Rte. 132. At traffic circle, take the 3rd exit onto Iyannough Road/Rte. 28. Continue on Rte. 28. Turn right at Seaview Ave. Turn left at South Shore Drive. Meet at the Skipper Restaurant parking lot at 10:30 a.m.

Keep Moving Autumn Walks 2008

Registration

PLEASE PRINT:

Name of Walking Club: _____

Contact Person: _____ Phone: _____

E-mail address: _____

Address: _____
Street

City

State

Zip code

Please circle the walks and provide the number of walkers that will be attend.

1. Halibut Point State Park, Gott Avenue
Rockport, MA
Friday, October 3, 2008 (10:30 a.m-1 p.m.)
Number attending _____
2. Wompatuck State Park, Union Street, Hingham, MA
Monday, October 6 2008 (10:30 a.m-1 p.m.)
Number attending _____
3. Moore State Park, Sawmill Road, Paxton, MA
Tuesday, October 21, 2008 (10:30 a.m-1 p.m.)
Number attending _____
4. Yarmouth Coast Area, Meet at Skippers Restaurant parking lot,
Yarmouth, MA
Wednesday, October 7, 2008 (10:30 a.m-1 p.m.)
Number attending _____

Please return reservations by September 26, 2008

Ed Pomfred, *Keep Moving* coordinator
MDPH, 250 Washington St., 4th Floor
Boston, MA 02108

FAX to: (617) 624-5075 Phone: (617) 624-5972
e-mail: edward.pomfred@state.ma.us